cannellini beans with sausage and beet greens

MAKES 4 servings

RECIPE ADATED FROM: The Taste SF

COOK TIME: 20-25 minutes

Olive oil

1 bunch of beet greens, rinsed and cut out the rib and then crosswise into 1" strips

½ onion, finely diced

¾ to 1 pound of ground pork, turkey or beef

1 tsp ground fennel seed

1 tsp smoked paprika

1/8-1/2 tsp red chili pepper flakes (depending on how spicy you like it)

½ tsp garlic powder

½ tsp onion powder

1/8-1/4 tsp black pepper

½ tsp sea salt

Around 4 cups cooked cannellini beans (or 2 - 15oz cans, drained and rinsed)

HEAT a few tablespoons of olive oil in a large sauté pan.

SAUTE beet greens until very soft and the pan is almost dry.

REMOVE from the pan and set aside.

ADD onions to pan and sauté until translucent. When the onions begin to soften, add the ground meat.

COOK meat, stirring and breaking apart until cooked through.

ADD fennel, paprika, pepper flakes, garlic powder, onion powder, black pepper and salt.

ADD beans and wilted greens to the pan, lower the heat, and stir gently until the beans are warmed through.





